

# Limiting the Transmission of COVID-19 in Families and Communities

The City of Richmond and Henrico County Health Districts provide information to protect your family and your community from COVID-19.

## What is coronavirus COVID-19?

The new coronavirus 2019 (COVID-19) is a new respiratory virus that affects the respiratory system, including the lungs and airways. People of all ages are susceptible to COVID-19.

Older people and people with preexisting conditions (high blood pressure, heart conditions, or diabetes), seem to be more vulnerable and experience the illness more severely.

Despite the fact that the outbreak moves quickly and will continue to spread, taking precautions and staying informed can help protect your community and your family.

The coronavirus does not discriminate based on race, nationality or ethnic origin. There is no way to know if a person is a carrier by just looking at them. Similarly, just because a person is wearing a mask, it does not mean they have the coronavirus.

## What can you do to protect yourself and your family?

We all need to take time to [make sure our homes are ready](#), including picking up supplies, planning childcare, and knowing how to respond if you have any symptoms.

You can help prevent the spread of COVID-19 by taking basic health precautions that include:

- **Staying home when you are sick.** Stay home for at least 3 days fever-free without the help of medication and for at least 7 days after your symptoms first appear.
- **Practice social distancing.** Limit going to the store, businesses and other public spaces. Work from home if you are able to. [Limit your contact](#) with individuals outside your home and keep a distance of 6 feet when you become in contact with others. Avoid being in groups of more than 10 people.
- **Do not isolate.** Find new ways to stay in touch with friends and family. Call them on the phone or book a night for video-calling. Plan to read the same book or to watch the same movie and then discuss it over the phone or online.
- **Practice good hygiene.** Wash your hands for 20 seconds or use a hand sanitizer. Cover your mouth with tissue or with your upper sleeve when you cough or sneeze. Avoid touching your eyes, nose or mouth, and sanitize all frequently touched surfaces.
- **Maintain a healthy lifestyle.** Eat healthy food, exercise (it's alright to be outdoors as long as you stay away from others) and keep a regular sleep schedule. Learn how to manage anxiety and stress.



# Limitando la Transmisión de COVID-19 en Familias y Comunidades

- **Take care of your pregnancy.** Pregnant women and families with infants may read information about pregnancy, delivery and breastfeeding during COVID-19. Families can also obtain information about pets.

## What restrictions does the Governor's Executive Order impose?

Governor Ralph Northam's issued a state-wide protection order to protect the health and safety of Virginians and to reduce the spread of COVID-19. The order sets forth:

All non-essential businesses are closed. Any entity that operates in violation of the order may be charged with a Class 1 misdemeanor. To obtain more information about what is open or closed, read the governor's order [here](#).

- Gatherings of more than 10 people are prohibited.
- All K-12 schools are closed through the end of the school year.
- Healthcare organizations must check the guidelines from the Virginia Department of Health (VDH) and from the Centers for Disease Control and Prevention (CDC) in regard to tests and containment efforts, as well as guidelines from [sic]

## How can I protect my employees, clients, students, and patients?

Help your friends, family and neighbors stay up to date with specific information by avoiding talking or sharing inaccurate information from unknown sources.

The Health District of the City of Richmond (RCHD) and the County of Henrico (HCHD) recommend that health providers collect samples from patients who comply with the VDH testing criteria. Contact labs in order to obtain more up-to-date information about test and sample collections.

The following links offer more information, as well as videos and brochures in English and Spanish:

- [Schools and daycare centers](#)
- [Employers](#)
- [Medical centers](#)
- [Informational videos](#)
- [Additional printed resources](#)

- **RCHD/HCHD Coronavirus Line:**  
**(804) 205-3501**  
Monday to Friday (8:00 am-8:00 pm)  
Saturday and Sunday (8:00 am-4:00 pm)
- **VDH Coronavirus Line:**  
**(877) 275-8343**
- **Coronavirus (CDC)**  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Coronavirus (VDH)**  
<http://www.vdh.virginia.gov/coronavirus/>
- **Frequently Asked Questions (CDC)**  
<https://www.cdc.gov/coronavirus/2019-ncov/infection-control/infection-prevention-control-faq.html>
- **Guidelines for healthcare workers**  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html>